

DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION
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PUBLIC SERVICE ANNOUNCEMENT FOR IMMEDIATE RELEASE

2008 Great American Smokeout Event

San Bernardino – Come celebrate tobacco-free living for a day and attend the Great American Smokeout health fair on November 20th, 2008, from 10:00 a.m. – 2:00 p.m. at the Government Center, 385 N. Arrowhead Ave. in downtown San Bernardino. The “*Quitting For You and Me*” theme this year highlights the Smokeout’s annual challenge for smokers to commit at least 24 hours to living smoke-free for the benefit of everyone’s health. San Bernardino County Department of Public Health’s Tobacco Use Reduction Now (TURN) Program is providing support for those willing to test their endurance skills in the form of information on quitting methods and how to obtain low-cost pharmacological services, free materials, and referral to local quit-smoking resources.

Quitting tobacco takes practice! Remember the 5 D’s to cope with urges:

- Deep Breathing – keep calm
- Drink water – 8 glasses/day
- Do something else
- Discuss with a friend
- Delay – the urge will pass

Please call TURN at 1-800-637-6653 for more quit-tips or event information.

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County Administrative Officer

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